



National Nutrition Month[®]

National Nutrition Month[®] is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

From the American Dietetic Association

http://www.eatright.org/Public/Media/PublicMedia_11422.cfm

Websites You May Want to Visit

Kids World - Nutrition

<http://www.agr.state.nc.us/cyber/kidswrld/nutrition/index.htm>

USDA Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/Fpyr/pyramid.html>

Nutrition for Kids

<http://library.thinkquest.org/3641/index.html>

The Real Truth about Fast Foods and Nutrition

<http://library.thinkquest.org/4485/frames.htm>

Books You May Want to Read (Hint: go to the TEL Database, **What Do I Read Next** and choose to do Custom search. Under Subject, choose Nutrition. Uncheck Adult and Fiction at the top of the screen and then hit Search.)

Foodworks: Over 100 Science Activities and Fascinating Facts that Explore the Magic of Food from the Ontario Science Centre; illustrated by Linda Hendry

Discusses the role of food, what it does and how it acts inside the body, through explanatory text and science activities.

Get Fit! Eat Right! Be Active!: Girls' Guide to Health & Fitness by Michelle H. Nagler

Explains how girls can achieve total fitness and health by focusing on three broad areas--physical fitness (exercise), nutrition (food), and mental state (having a healthy outlook and being a positive, active person).

The Healthy Body Cookbook: Over 50 Fun Activities and Delicious Recipes for Kids by Joan D'Amico and Karen Eich Drummond; illustrated by Tina Cash-Walsh

Discusses the various parts of the human body and what to eat to keep them healthy. Includes recipes that contain nutrients important for the heart, muscles, teeth, skin, nerves, and other parts of the body.

Janice VanCleave's Food and Nutrition for Every Kid: Easy Activities that Make Learning Science Fun

Uses problems, experiments, and activities to present information on a variety of topics related to foods and nutrition.



National Nutrition Month[®]

Kitchen Fun for Kids: Healthy Recipes and Nutrition Facts for 7 to 12 Year-Old Cooks by Michael F. Jacobson and Laura Hill; illustrated by Loel Barr

Recipes for sixty nutritional meals, including breakfast, lunch, and dinner. Each recipe presents one or two nutritional facts through the illustrations.

To Find More Nutrition Information

In TEL, go to **Kids InfoBits** or **Junior Edition - K12** and use the following search strategies:

Nutrition
Food habits
Health

Diet
Food Pyramid
Nutrition Requirements

Food Diary

Keep a food diary for a week and then calculate what you have eaten against the food pyramid guidelines to find out how your diet adheres to the nutrition guidelines.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				